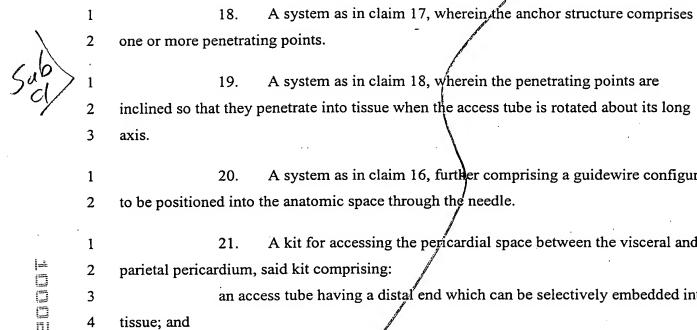
WHAT IS CLAIMED IS:

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1	1. A method for accessing an anatomic space having a wall with an				
2	outer surface, said method comprising:				
3	embedding a distal end of an access tube into the outer surface; and				
4	introducing an access device through the access tube, penetrating the wall				
5	and into the anatomic space while the access tube stabilizes the wall.				
1	2. A method as in claim 1, wherein embedding comprises engaging				
2	anchor structure at the distal end of the access tube against the outer surface and				
3	deploying the anchor structure into said surface.				
1	3. A method as in claim 2, wherein the anchor structure comprises				
2	one or more penetrating points.				
1	4. A method as in/claim 3, wherein the penetrating points are				
2	deployed by rotating the access tube about its central axis to cause the penetrating points				
3	to penetrate into and capture the wall.				
1	5. A method/as in claim 4, further comprising drawing the access tub				
2	proximally to raise the wall over the anatomic space.				
1	6. A method as in claim 1, wherein introducing comprising				
2	positioning a needle in the access tube and passing the needle through the wall and into				
3	the anatomic space.				
1	7. Amethod as in claim 6, further comprising positioning a guidewir				
2	through the needle after said needle has been passed into the anatomic space.				
1	8. A method for accessing the pericardial space between the visceral				
2	and parietal pericardium, said method comprising:				
3	percutaneously positioning a distal end of an access tube over the parietal				
4	pericardium;				
5	embedding the distal end of the access tube into the parietal pericardium				
6	but not into the visceral pericardium;				
7	proximally drawing on the access tube to separate the parietal pericardiun				
8	from the visceral pericardium to enlarge the pericardial space therebetween; and				

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9	penetrating an access device through the access tube and parietal				
10	pericardium and into the pericardial space.				
1	9. A method as in claim 8, wherein percutaneously positioning the				
2	distal end of the access tube comprises passing the access tube deep to the xiphoid				
3	process.				
1	10. A method as in claim 8, wherein penetrating comprises positioning				
2	a needle in the access tube and passing the needle into the pericardial space.				
1	11. A method as in claim 10, further comprising positioning a				
2	guidewire through the needle after said needle has been passed into the pericardial space.				
2	guidewife through the needle after said needle has been passed into the person easily space.				
1	12. A method as in claim 8 wherein embedding comprises engaging an				
2	anchor structure at the distal end of the access tube against the parietal pericardium and				
3	deploying the anchor structure into said parietal pericardium.				
1	13. A method as in claim 12, wherein the anchor structure comprises				
2	one or more penetrating points.				
1	14. A method/as in claim 13, wherein the penetrating points are				
2	deployed by rotating the access/tube about the long axis to cause the penetrating points to				
3	penetrate into and capture the parietal pericardium.				
1	15. A method as in claim 8, further comprising drawing the access tube				
2	to separate the parietal perjeardium over the pericardial space.				
	16. A system for accessing an anatomic space having a wall with an				
1					
\rangle^2	outer surface, said system comprising:				
/ 3	an access tube having a distal end which can be selectively embedded into				
4	tissue; and				
5	a needle having a lumen therethrough, said needle being configured to pass				
6	through the access tube and penetrate into the anatomic space when the access tube is				
7	embedded into the anatomic space wall.				
1	17. A system as in claim 16, wherein the access tube includes an				
1	anchor structure at its distal end				
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one or more pe	enetrati	ng points.
	19.	A system as in claim 18, wherein the penetrating points are
inclined so tha	t they p	penetrate into tissue when the access tube is rotated about its long
axis.		
	20.	A system as in claim 16, further comprising a guidewire configured
to be positione	d into	the anatomic space through the needle.
	21.	A kit for accessing the pericardial space between the visceral and
parietal perica	rdium,	said kit comprising:
	an acc	ess tube having a distal end which can be selectively embedded into
tissue; and		
	instruc	ctions for use setting forth a method as in claim 1.